

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKLE BALL 5:30-7:30am		PICKLE BALL 5:30-7:30am		Pick Up Basketball 7:00-9:00am
WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	
ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	CHAIR YOGA 10:00-11:00am	CARDIO TONING 9:00-9:45am
CARDIO DANCE GOLD 11:00-12:00pm	CARDIO STEP GOLD 11:00am-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm		
	WATER FITNESS 1:00-1:45pm		WATER FITNESS 1:00-1:45pm		
YOGA 5:00-6:00pm	PILATES 5:15-6:00pm	CARDIO STEP 5:00-5:45pm	YOGA 5:00-6:00pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
MYSTERY CARDIO 5:00-5:30pm		HIIT 5:45-6:15pm			
Adult Gym Class 5:30-6:00pm					
Open Pickleball 6:00-8:45pm TOTSKY GYM	MENS LEAGUE TOTSKY GYM 6pm	MENS LEAGUE TOTSKY GYM 6pm	Intermediate Pickleball TOTSKY GYM 6:00-8:45pm	Don't forget all our virtual classes on ywellness247.org	
REVISED 06/01/24					

















